

## Post Operative Instructions for Microphlebectomy

- ***If the microphlebectomy was done in conjunction with endovenous laser ablation, radiofrequency ablation, or Clarivein ablation; please follow the postoperative instructions for the ablation procedure.***
- ***If the microphlebectomy was the only procedure performed the following postoperative instructions apply:***
- Keep the postoperative dressings on for 3 days. It is important that these do not fall down or loosen up. It is the tight compression on the legs that minimizes the bruising and discomfort. If they do start to loosen or fall down try to reinforce the wrapping with another layer of gauze or Ace wrap. Another option is to hold them in place with stockings or tight pants, such as Spanx or biking pants.
- There were no restrictions on activity, provided the dressing stays in place.
- You'll be given a prescription for pain medicine to take as needed. Elevating the legs will help with any throbbing or aching.
- You will not be able to bathe or shower until the dressings are removed. They must stay dry.
- If the amount of veins removed from was very minimal, we will have you remove the dressings at home. Once the dressing is removed you may then shower. We then ask you to wear your compression stockings for 7-10 days, while you are awake. You do not need to wear them while sleeping.
- Most of the time we will have you return to the office 2-3 days following the procedure, at which time we will do the initial dressing change. Bring your compression stockings with you to this appointment, as they will be put on you after the dressings are removed.